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**DIAGNOSIS AND THERAPY  
ACCORDING TO THE RGYUD-B'ZI**

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# I

## GERMAN TRANSLITERATION OF TIBETAN

ñ as in 'onions'

ṅ as in 'ring'

c as in 'church'

ć as in 'cats'

čh as in 'cats' home'

ch as in 'church hall'

j as in 'jungle'

ǰ as in 'lads'

z as in 'rose' but often as in 'sun'

ž as in 'leisure' but often as in 'shade'

š as in 'shade'

II

**The System of Tibetan Medicine :**

3 Roots	9 Trunks	47 Branches	224 Leaves
	9 parts of medical science	47 general details	224 specific details
Root A	I Healthy organism	3	88
		12	
Arrangement	II Diseased organism	9	63

Described in the book rGyud bzi, Part I, Chapter 3.

Root B	III Observation	2	6	38
Diagnosis	IV Palpation (feeling the pulse)	3	3	
	V Questioning	3	29	
			8	

Described in the book rGyud bzi, Part I, Chapter 4

Root C	VI Nutrition	6	35	98
Therapy	VII Behaviour	3	6	
	VIII Medicines	15	50	
	IX Methods of treatment (external)	3	7	

Described in the book rGyud bzi, Part I, Chapter 5

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## INTRODUCTION

Tibetan medicine, greatly influenced by Indian and Chinese medicine, has, however, most definitely developed a distinctive character of its own. The system described in this paper is without doubt of Tibetan origin. At the start of research into Tibetan medicine, it is vital to determine the medical terminology which has to be taken from the sources. The starting point is the standard work of Tibetan doctors, the *rGyud-bḥi*. From the texts of this book we learn that the basic principle of Tibetan medicine is the three-part division. The three "humours" are wind (*rlun*), bile (*mkris pa*) and phlegm (*bad kan*). Some of the important characteristics of these three "humours" are to be found in part 1 of the *rGyud-bḥi*, the Root Tantra, in which the system is described as a tree with : 3 roots, 9 trunks, 47 branches and 224 leaves.\* The intention of this paper is to present the terms of the roots "diagnosis" and "therapy" — (Roots B and C) — derived from the texts of the *rGyud-bḥi* (180 terms = 2 roots, 7 trunks, 35 branches and 136 leaves). It follows that the three "humours" are recognised through diagnostic methods as types to which specific kinds of treatments are assigned, so that one can speak of a doctrine of constitution. The description of the types is not an integral part of the subject of this paper : only in order to add more colour to the description of the three "humours", mention is made of characteristics which are found in the second part of the *rGyud-bḥi*, the Explanatory Tantra, a commentary on the statements made in part one. The following typology is drawn from Chapter 6 (Nature and temper) and Chapter 9 (Conditions which give rise to diseases) of the Explanatory Tantra. Perhaps you can observe very carefully all the characteristics to find out your type and to see if Tibetan types correspond to the Western ones.

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\* See preceding diagram

## I. Nature and temper

*rGyud-bži*, part 2, chapter 6.

*Wind* : small, graceful, dark-skinned, sensitive to cold, talkative, lively, communicative, likes to laugh and sing, bad sleeper. Sleep during the day is useful. *Bile* : medium-sized, yellowish colour of the skin, cannot endure hunger and thirst well, sweats easily and a great deal, talented and proud, sleeping during the day is very bad. *Phlegm* : plump and tall, pale-skinned, can endure hunger and thirst well, deep sleeper, pleasant and friendly disposition.

## II. Conditions which give rise to diseases

*rGyud-bži*, part 2, chapter 9.

*Wind* : dissolute life, lack of sleep, sleepless nights, hard work, long conversations when hungry, worry and sorrow. *Bile* : sleeping during the afternoon, excessive strain when lifting heavy objects, too much movement in every respect — especially when the weather is warm, irritability. *Phlegm* : sleeping during the day, rest after meals, staying in damp regions, bathing for too long, too light clothing, eating too much and too quickly.

### *Diagnosis*

The *rGyud-bži* (Four Tantras) consists of four parts. Root B (Diagnosis) of the tree of medicine is described in part 1, chapter 4

### SYSTEM

Root B *Diagnosis* (Trunks III, IV and V) . . . . . 38 leaves

<b>Trunk III</b>	<b>Observation</b>	<b>2 branches</b>	<b>6 leaves</b>
Branch 1)	<i>Tongue</i>	3 leaves (during wind, bile, phlegm diseases)	
Branch 2)	<i>Urine</i>	3 leaves (during wind, bile, phlegm diseases)	

<b>Trunk IV</b>	<b>Feeling the pulse</b>	<b>3 branches</b>	<b>3 leaves</b>
Branch 1)	<i>During wind diseases</i>	1 leaf	

Branch 2)	<i>During bile diseases</i>	1 leaf
Branch 3)	<i>During phlegm diseases</i>	1 leaf

<b>Trunk V Questioning</b>	<b>3 branches</b>	<b>29 leaves</b>
Branch 1)	<i>Productive causes</i>	3 leaves (during wind, bile, phlegm diseases)
Branch 2)	<i>Conditions of illness</i>	9 leaves (during wind diseases) 5 leaves (during bile diseases) 9 leaves (during phlegm diseases)
Branch 3)	<i>Congenial food</i>	3 leaves (during wind, bile, phlegm diseases)

Root B = 38 leaves

### ROOT B

Diagnosis (*nos hjiñ rtags*)  
*rGyud-bži* part 1, chapter 4  
 3 trunks, 8 branches, 38 leaves

The numbers in double brackets on the left refer to the sequence of the verses in the *rGyud-bži*. The numbers followed by a single bracket refer to items discussed in the verses.

**TRUNK III** Observation (*blta*) (*lta ba*)

(8-13) 2 branches, 6 leaves

(8) *rluñ gi lce ni dmar žin skam la rčub //*

(9) *mkhris lce bad kan skya sar mthug pos g-yogs //*

(10) *bad kan skya gleg mdañs med hjam la rlon //*

(11) *rluñ gi chu ni chu hdra lbu ba che //*

(12) *mkhris chu dmar ser rlañs che dri ma dugs //*

(13) *bad kan chu ni dkar la dri rlañs chuñ //*

*branches :*

1) tongue (*lce*)

red (*dmar*), dry (*skam*), rough (*rčub*)

: wind

covered with thick, tawny phlegm (*bad kan skya sar mthug pos g-yogs*) : bile

grey (*skya*), thick (*gleg*), lustreless (*mdans med*), smooth (*hjam*), moist (*rlon*) : phlegm

2) Urine (*chu*)  
like water (*chu hdra*), big bubbles (*lbu ba che*) : wind

reddish-yellow (*dmar ser*), much vapour (*rlans che*), hot smell (*dri ma dug*) : bile

white (*dkar*), little odour (*dri chun*), little vapour (*rlans chun*) : phlegm

6 leaves

**TRUNK IV** Feeling the pulse of the vein (*reg pa*)

(14-16) 3 branches, 3 leaves

(14) *rlun gi rca ni rkyal ston skabs su sdod //*

(15) *mkhris pa<sub>hi</sub> rca ni mgyogs rgyas grims par hphar //*

(16) *bad kan rca ni byin rgud dal ba<sub>ho</sub> //*

*branches :*

1) swimming (*rkyal*), empty (*ston*), stopping at times (*skabs su sdod*) : wind

2) beats quickly, spreads (and beats) subtly (*mgyogs rgyas grims par hphar*) : bile

3) sinking (*byin*), weak (*rgud*), slow (*dal*) : phlegm

3 leaves

**TRUNK V** Questioning (*dri ba*)

(17-30) 3 branches, 29 leaves

(17) *dri ba yan la rcub pa<sub>hi</sub> zas spyod kyi //*

- (18) *rkyen gyis g-yal h̄dar bya rmyañ grañ 'sum byed //*  
 (19) *dpyi dan rked pa rus čhigs ma lus na //*  
 (20) *gzer ba nes med h̄pho žin ston skyugs byed //*  
 (21) *dbañ po mi gsal šes pa h̄čhub pa dan //*  
 (22) *bkres dus na žin snum bcud phan par nes //*  
 (23) *rno žin čha bañi zas dan spyod lam gyis //*  
 (24) *kha kha mgo na ša drod čha ba dan //*  
 (25) *stod gzer zu rjes na žin bsil ba phan //*  
 (26) *lci la snum pañi zas dan spyod lam gyis //*  
 (27) *dan ga mi bde kha zas h̄ju ba dkah //*  
 (28) *skyug cin kha mñal pho ba čhün ste sgreg //*  
 (29) *lus sems lci la phyi nañ gñis ka grañ //*  
 (30) *zos rjes mi bde zas spyod dro na h̄phrod //*

*branches*

- 1) productive causes (*ston rkyen*)  
 light (*yañ*), rough (*rčub*) : wind  
 shrap (*rno*), hot (*čha*) : bile  
 heavy (*lci*), oily (*snun*) : phlegm  
3 leaves

- 2) conditions of illness (*na lugs*)  
 gaping, shuddering (*g-yal h̄dar*) stretching  
 (*bya rmyañ*) shivering with cold (*grañ 'sum byed*), pain in all bone-joints of the thigh and  
 hip (*dpyi rked pa rus čhigs ma lus na*),  
 indefinite aches that change (*gzer ba nes med h̄pho*), making vomit (on an) empty (stomach)  
 (*ston skyugs byed*), the sense-organs are not  
 bright (*dbañ po mi gsal*), knowledge is stifled

( <i>śes pa hčhub pa</i> ), pains at the time of hunger ( <i>bkres dus na</i> ) (9 leaves)	: wind
bitter taste ( <i>kha kha</i> ), headaches ( <i>mgo na</i> ), hot flesh (fever) ( <i>śa drod čha ba</i> ), aches in the upper part (of the body) ( <i>stod gzer</i> ), pains after digestion ( <i>žu rjes na</i> ) (5 leaves)	: bile
uncomfortable appetite ( <i>dañ ga mi bde</i> ), difficulty in digesting food ( <i>kha zas hju ba dkah</i> ), vomiting ( <i>skyug</i> ), (bad taste in) the hollow of the mouth ( <i>kha mñal</i> ), distended stomach ( <i>pho ba čhiñ</i> ), eructation ( <i>sgreg</i> ), body and mind being heavy (together) ( <i>lus sems lci</i> ), being cold both outside and inside ( <i>phyi nañ gñis ka grañ</i> ), discomfort after eating ( <i>zos rjes mi bde</i> ) (9 leaves)	: phlegm
3) food ( <i>zas</i> ) (and behaviour) ( <i>spyod</i> )	
oily ( <i>snum</i> ) food, if patient feels better after eating	: wind
cool ( <i>bsil</i> ) food, if patient feels better after eating	: bile
warm ( <i>dro</i> ) food, if patient feels better after eating	: phlegm
	<u>29 leaves</u>

*Summary :*

Root B concerned with Diagnosis

3 trunks, 8 branches and 38 leaves

These terms are derived from the text of  
Root B of the *rGyud-bži*, part 1, chapter 4.

## *Therapy*

Root C (Therapy) is described in part 1, chapter 5.

Root C *Therapy* (Trunks VI, VII, VIII, IX) 98 leaves

<i>Trunk VI</i> Nutrition 6 branches	35 leaves
Branch 1) food (wind)	10 leaves
Branch 2) drink (wind)	4 leaves
Branch 3) food (bile)	9 leaves
Branch 4) drink (bile)	3 leaves
Branch 5) food (phlegm)	6 leaves
Branch 6) drink (phlegm)	3 leaves
<hr/>	
<i>Trunk VII</i> Behaviour 3 branches	6 leaves
Branch 1) wind	2 leaves
Branch 2) bile	2 leaves
Branch 3) phlegm	2 leaves
<hr/>	
<i>Trunk VIII</i> Medicaments 15 branches	50 leaves
Branch 1) taste wind	3 leaves
Branch 2) taste bile	3 leaves
Branch 3) taste phlegm	3 leaves
Branch 4) potency wind	3 leaves
Branch 5) potency bile	3 leaves
Branch 6) potency phlegm	3 leaves
Branch 7) soūps	3 leaves
Branch 8) oils	5 leaves
Branch 9) syrups	4 leaves

Branch 10) powders	4 leaves
Branch 11) pills	2 leaves
Branch 12) pastes	5 leaves
Branch 13) enemas	3 leaves
Branch 14) laxatives	4 leaves
Branch 15) emetics	2 leaves
<hr/>	
<i>Trunk IX</i> Treatments 3 branches	7 leaves
Branch 1) wind	2 leaves
Branch 2) bile	3 leaves
Branch 3) phlegm	2 leaves
<hr/>	

### ROOT C

Therapy (*gso thabs*)  
*rGyud-bzi* part 1, chapter 5  
 4 trunks, 27 branches, 98 leaves

<i>TRUNK VI</i>	Nutrition ( <i>zas</i> )
(3-13)	6 branches, 35 leaves
(3)	<i>rta bon̄ h̄phyi ba lō śā śā chen dan̄ //</i>
(4)	<i>h̄bru mar lō mar bu ram sgog skya b̄cōn̄ //</i>
(5)	<i>h̄o ma lca ba ra m̄ñe zan chañ dan̄ //</i>
(6)	<i>bur chañ rus chañ rluñ nad can gyi zas //</i>
(7)	<i>ba rañī zo dar mar gsar ri dvags śa //</i>
(8)	<i>ra śa skom śa gsar pa chag ěhe dan̄ //</i>
(9)	<i>skyabs dan̄ khur ěhod chab ěha chu bsil dan̄ //</i>
(10)	<i>bskol grañs mkhris pañi nad kyi zas su b̄śad //</i>
(11)	<i>lug. dan̄ g-yag rgod gcan gzan ña yi śa //</i>
(12)	<i>sbrañ r̄ci skam sañī h̄bru r̄ñiñ zan dron dan̄ //</i>

(13) *hbri yi 'zo dar gar chan chu skol ni //*

*branches :*

- 1) food (*zas*)  
horse (*rita*), donkey (*bon*), marmot (*hphyi ba*),  
flesh that is a year old (*lo 'sa*), "great flesh"  
(*'sa chen*) [According to : a) the doctors at  
Dharamsala : flesh of a hero that died in a  
battle (communicated in writing).  
b) Geshe Gedün Lodro (late of  
Hamburg University) : flesh that normally  
would not be eaten, e.g. : flesh of dogs.  
c) R. E. Emmerick : human flesh (TTC :  
*mihi 'sa*). d) B. B. Badaraev, Ulan-Ude :  
human flesh (communicated orally)],  
sesame oil (*hbru mar*), oil that is a year old  
(*lo mar*), crude sugar (*bu ram*), garlic (*sgog  
skya*), onions (*b'con*) : wind
- 2) drink (*skom*)  
milk (*ho ma*), carrot and onion soup  
(*lca ba ra mñe zan chan*) liquid (extract of)  
crude sugar (*bur chan*), bone soup (*rus chan*) : wind
- 3) food (*zas*)  
curds of cow and goat (*ba rahi 'zo*),  
buttermilk (*dar*), fresh butter (*mar gsar*),  
game flesh (*ri dvags 'sa*), goat flesh (*ra 'sa*),  
fresh flesh of animals of mixed breed (*skom  
'sa gsar pa*), young barley (*cag 'che*), "skyabs"  
[a sort of dandelion, according to the  
doctors at Dharamsala (communicated in  
writing)], dandelions (*khur 'chod*) : bile
- 4) drink (*skom*)  
hot water (*chab 'cha*), cool water (*chu bsil*),  
boiled and cooled water (*chu bskol grañs*) : bile

- 5) food (*zas*)  
 sheep (*lug*), wild yak (*g-yag rgod*), beasts of  
 prey (*gcan gzan*), fish-flesh (*ñā yi śa*), honey  
 (*sbrañ rēi*), hot pap of old grain from dry land  
 (*ska sahi hbru rñin zan dron*) : phlegm
- 6) drink (*skom*)  
 curds and buttermilk of the yak  
 (*hbri yi źo dar*), strong beer (*gar chan*),  
 boiled water (*chu skol*) : phlegm

35 leaves

**TRUNK VII** Behaviour (*spyod*)

(15-17) 3 branches, 6 leaves.

(15) *rluñ la dro sar yid hoñ grogs bsten źin //*

(16) *mkhris pañi nad la bsil sar dal bar bsdad //*

(17) *bad kan nad la rēol bcag dro sa bsten //*

*branches :*

- 1) keep agreeable company  
 (*yid hoñ grogs bsten*), warm place (*dro sa*) : wind
- 2) sit calmly (*dal bar bsdad*), cool place  
 (*bsil sa*) : bile
- 3) make an energetic walk (*rēol bcag*),  
 warm place (*dro sa*) : phlegm

6 leaves

**TRUNK VIII** Medicaments (*sman*)

(18-37) 15 branches, 50 leaves

(18) *rluñ la mñar skyur lan čha snum lci hñam //*

- (19) *mñar kha bska bsil sla rtul mkhris pañi sman //*  
 (20) *écha skyur bska rno rcub yañ bad kan no //*  
 (25) *khu ba rus khu bcud bñi mgo khrol te //*  
 (26) *sman mar fā ti sgog skya hbras bu gsum //*  
 (27) *rca ba lña dañ sman chen dag la sbyar //*  
 (28) *ma nu sle tres tig ta hbras buñi than //*  
 (29) *ga bur éan dañ gur gum cu gañ phye //*  
 (30) *béan dug éhva sna rnam kyil ril bu dañ //*  
 (31) *tres sam se hbru da lis rgod ma kha //*  
 (32) *éhva dañ coñ ñi bsregs pañi thal sman no //*  
 (35) *hjam rci sle hjam bkru hjam bkru ma slen //*  
 (36) *bśal la spyi bśal sgos bśal drag dañ hjam //*  
 (37) *skyugs la drag skyugs hjam skyugs gñis su sbyar //*

*branches :*

*Testes (1) and potencies (2) (powers, actions) necessary for remedies to cure excess of humours*

- |  |        |
|--|--------|
| (1) taste ( <i>ro</i> )  | : wind |
| sweet ( <i>mñar</i> ), sour ( <i>skyur</i> ), saline ( <i>lan écha</i> ) | : "    |
| 2) potency ( <i>nus pa</i> )   | : "    |
| oily ( <i>snum</i> ), heavy ( <i>lci</i> ), smooth ( <i>hjam</i> )       | : "    |
| 3) taste ( <i>ro</i> )   | : bile |
| sweet ( <i>mñar</i> ), bitter ( <i>kha</i> ), astringent ( <i>bska</i> ) | : "    |
| 4) potency ( <i>nus pa</i> )   | : "    |
| cool ( <i>bsil</i> ), thin ( <i>sla</i> ), dull ( <i>rtul</i> )          | : "    |

- 5) taste (*ro*) : phlegm  
 pungent (*cha*), sour (*skyur*), astringent (*bska*) : ”
- 6) potency (*nus pa*) : phlegm  
 sharp (*rno*), rough (*r'ub*), light (*yan*) : ”

### Medicaments to treat excess of humours

- 7) soups (*khu ba*) — making calm (*zi byed*)  
 soup from bones (*rus khu*), the four juices  
 (*bcud b'zi*), “*mgo khrol*” [According to the  
 doctors at Dharamsala : old and ground  
 sheep's head. (communicated in writing)] : wind
- 8) medicinal oils (*sman mar*) — making calm  
 (*zi byed*) nard (*ja ti*), garlic (*sgog skya*), the  
 three fruits (*hbras bu gsum*) [the three  
 myrobalans : 1. *a ru ra* (chebulic myrobalan =  
 Terminalia Chebula) 2. *ba ru ra* (beleric myro-  
 balan = Terminalia Bellerica). 3. *skyu ru ra*  
 (emblic myrobalan = *Phyllanthus Emblica*)],  
 the five roots (*rca ba lna*), aconites (*sman*  
*chen*) : wind
- 9) syrups (*than*) — making calm (*zi byed*)  
 orrisroot (*ma nu*), guduch (*sle tres*),  
 chirata (*tig ta*), the three fruits (*hbras bu gsum*) : bile
- 10) powders (*cur ni*) — making calm (*zi byed*)  
 camphor (*ga bur*), sandal (*can dan*), saffron  
 (*gur gum*) bamboo manna (*cu gan*) : bile
- 11) pills (*ril bu*) — making calm (*zi byed*)  
 aconite (*bcan dug*), various kinds of salt  
 (*chva sna mams*) : phlegm
- 12) pastes (*tres sam*) — making calm (*zi byed*)  
 pomegranates (*se hbru*), rhododendrons (*da li*),  
 “mare face”. (*rgod ma kha*) [a preparation of

- sharp substances, (communicated orally : R. E. Emmerick)], alkaline medicaments (made from burnt salt (*chva bsregs pahi thal sman*), white stone (*con' zi*) : phlegm
- 13) oily enemas (*hjam r'ci*) - making clean (*sbyon' byed*), mild (*sle hjam*), purgative (*bkru hjam*), purgative-not mild (*bkru ma slen*) : wind
- 14) laxatives (*bsal sman*) - making clean (*sbyon' byed*), general (*spyi*), particular (*sgos*), severe (*drag*), mild (*hjam*) : bile
- 15) emetics (*skyugs sman*) - making clean (*sbyon' byed*), severe (*drag*), mild (*hjam*) : phlegm
- 50 leaves

- TRUNK IX*      Treatments (external) (*dpyad*)
- (38-40)            3 branches, 7 leaves
- (38)                *dpyad du bsku mñe hor gyi me b'cah' dan' //*
- (39)                *rñul dbyun' gtar ga chu yi hphrul h'khor dan' //*
- (40)                *dugs dan' me b'cah' rim b'zin dpyad kyis bcos' //*

*branches :*

- 1) use of ointment with massage (*bsku mñe*)  
Mongolian type cauterisation (*hor gyi me b'cah'*) : wind
- 2) production of sweat (*rñul dbyun'*),  
bloodletting (*gtar ga*), the magic  
water-wheel (*chu yi hphrul h'khor*) : bile
- 3) heat treatments (*dugs*),  
cauterisation (*me b'cah'*) : phlegm
- 7 leaves

### Summary :

Root C concerned with Therapy  
4 trunks, 27 branches and 98 leaves

These terms are derived from the text of the *rGyud-bži* part 1, chapter 5

### Summary

This systematic summary of the characteristics — in the *rGyud bži* many more are mentioned — does, however, show just how clearly the three types are set out. Nevertheless, in practice the three types do not always occur in such an unadulterated form; more often one finds mixed types. Western medicine is also aware of a large number of divisions into constitutional types, and there are very many mixed types. The Tibetans categorize their mixed types according to a very simple method; a distinction is made between 7 kinds : 1) the pure wind-, bile-, and phlegm-types = 3 kinds. 2) one type displaying the characteristics of all three types = 1 kind. 3) the types with pairs of characteristics : wind + bile, wind + phlegm, bile + phlegm = 3 kinds.

The purpose of this paper is not only to present the terms of the roots diagnosis and therapy — derived from the texts of the *rGyud bži*, but also it is only by means of the precisely — defined diagnostic methods that the respective types with their symptoms of illness can be recognized and successful treatment is only possible if the method of treatment assigned to this type is applied.

## Notes

### 1. Concerning taste (No)

The tastes are : sweet (mñar) (1); sour (skyur) (2); saline (lan čha) (3); bitter (kha) (4), pungent (čha) (5); astringent (bska) (6).

rGyud bži part 2, chapter 19 :

- (67) *mñar skyur lan čha bas rluñ hjoms 'sññ //*  
sweet, sour, saline, pungent overcome wind.
- (68) *kha dañ mñar dañ bska bas mkhris pa sel //*  
bitter and sweet and astringent remove bile
- (69) *čha skyur lan čhas bad kan sel bar byed //*  
pungent, sour, saline remove phlegm. [astringent]

Discrepancies between rGyud bži. Part 1, ch. 5 and Part 2, ch. 19 regarding the tastes of remedies for excessive humours

### 2. Concerning potency (nus pa)

rGyud bži part 2 chapter 20

- (4) *nus pa lci snum bsil dañ rtul ba dañ //*
- (5) *yañ rtub čha dañ rno ba rnam pa brgyad //*  
heavy, oily, cool and dull and light, rough,  
hot and sharp are the eight kinds of potency.  
= 1 heavy (lci), 2 oily (snum), 3 cool (bsil),  
4 dull (rtul), 5 light (yañ),  
6 rough (rtub), 7 hot (čha), 8 sharp (rno)
- (6) *dañ po bži pos rluñ dañ mkhris pa sel //*  
the first four of them remove wind and bile.
- (7) *hog ma bži yis bad kan sel bar byed //*  
the last four of them remove phlegm.
- (8) *yañ rtub bsil ba gsum gyis rluñ skyed cññ //*  
light, rough, cool . these three produce wind.
- (9) *čha rno snum pa gsum gyis mkhris pa skyed //*  
hot, sharp, oily : these three produce bile.
- (10) *lci snum bsil rtul bži yis bad kan skyed //*  
heavy, oily, cool, dull : these four produce phlegm.

Better to understand in pairs (vis-a-vis) :

Removing diseases	Producing diseases
wind	wind
lci heavy	yañ light

*snum* oily

bile

*bsil* cool

*rtul* dull

*phlegm*

*yañ* light

*rcub* rough

*cha* hot

*rno* sharp

*rcub* rough

*bsil* cool

bile

*cha* hot

*rno* sharp

*snum* oily

*phlegm*

*lci* heavy

*snum* oily

*bsil* cool

*rtul* dull

According to ch. 5, there are 9 potencies, three to remove each humour. According to ch. 20, there are 8 symmetrical potencies.